



Vol 10, No. 47

Buckley AFB, Colo.

Nov. 28, 2003

Happy Thanksgiving



460th Air Base Wing Holiday Party

Dec. 5, 2003, 6 p.m. - ??

Doubletree Denver Southeast Hotel, Aurora, Colo.

460 Wing Staff – Joyce Igram, 303-677-6924

Protocol -Erline Rohan, 303-677-6370

460 CONS – 2nd Lt. James Simmons, 303-677-6975

2nd Lt. Michael Reimers, 303-677-9318

Staff Sgt. Eric Jordan, 303-677-6955

Blake Carlile, 303-677-6744/

Chad Gagon, 303-677-9882

Michelle Simard, 303-677-6742

460 MDS –Staff Sgt. Kimberly Jordan, 303-677-6563

460 SVS – Nicole White, 303-677-9714

460 SFS – 2nd Lt. Matthew Harmon, 303-677-5632

Staff Sgt. Phillip Knipp, 303-677-9289

460 CE-Tech. Sgt. Joel Boyea, 303-677-9271

460 LRS – Susanne Silvey, 303-677-6584

460 MSS –Senior Airman Mary Clingerman, 303-677-6583

460 CS – 2nd Lt. David Trollman, 303-677-5716

DRESS: Casual (no jeans)

Buffet choice of:

Buffet choice of:

Chicken alfredo w/ fettuccini

Rosemary roasted pork loin

Cash bar

Cost:

Major and above, GS-12 and above – \$25.00

E-7 and above, 1st Lt., 2nd Lt. and GS-9 through GS-11 – \$22.00

E-5 and E-6, GS-7 and below -- \$20.00

E-4 and below, NAF employees -- \$15.00

Happy Thanksgiving

This week’s cover page was designed by Airman 1st Class Tsuyoshi Shinzato, a graphics designer from the 460th Communications Squadron.

History Tidbits

Significance of the 460th Contracting Squadron emblem

Blue and yellow are the Air Force colors. Blue alludes to the sky, the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of Air Force personnel. The eagle symbolizes pride and professionalism. The quill pen highlights the exacting nature of the contract mission. The globe indicates the worldwide capabilities of the unit. The three pole stars signify the principles of integrity, service and excellence.

Action Line

The Commander’s Action Line is a way for the Front Range military community to bring issues, concerns and comments (positive or negative) to my attention.

The action line phone number is 303-677-9881.

When leaving messages, people are not required to identify themselves. However, if you’d like a personal response, please leave your name, telephone number and mailing address. Provide as many specifics on your issue as possible. If you have a recommended solution, include it as well. Not all action lines will be published.

If the issue is detailed or lengthy, you may also send items to me through the 460th Air Base Wing Public Affairs Office via fax at 303-677-6887, e-mail to newspaper@buckley.af.mil or mail your submission to the following address:

Commander’s Action Line
c/o 460 ABW/PA
18401 E. A-Basin Stop 88
Buckley AFB CO 80011-9524

Please use this valuable communication tool. I look forward to hearing new ideas and answering your questions.

Allen Kirkman Jr.
 ALLEN KIRKMAN JR.
 Colonel, USAF
 Commander

Col. Allen Kirkman Jr.

Buckley’s Weekend Weather Forecast

Friday:
 Mostly sunny

High: 53
 Low: 25

Saturday:
 Sunny, partly cloudy

High: 57
 Low: 26

Sunday:
 Chance of snow

High: 44
 Low: 18

Courtesy of the National Weather Service, www.weather.gov

Holiday Shopping Season Arrives:
Consumer savvy saves money; prevents financial woes

By Master Sgt. Deb Smith
460th Public Affairs

It starts almost as soon as you shove the Thanksgiving leftovers into the fridge. Bells begin ringing, lights start twinkling—and shoppers start shopping. That’s right. It’s the holiday spending season and it’s back with all its joy—and all its potential for financial woe.

But with a little planning, smart consumers can not only save money on the items they buy, but stave off the monetary misery that often follows holiday overspending.

Make a gift list and stick to it:
Shoppers who take time to make a holiday gift list and stick to it fare better than those who don’t. Venturing in the mall without an organized game plan—or budget—will leave you wide open to impulse purchases, and a blown budget.

Shop as early as possible:
Home economists recommend shopping year round for gifts, enabling you to stretch the cost of the holidays over 12 months. However, if you’re just getting started, try to knock out as many gifts as early as possible. Don’t get caught in the myth that merchants drastically reduce prices right before the holiday—you’ll be disappointed. Procrastinators will find poor selections, and few sales.

Consolidate shopping locations:
Save time and money by organizing your purchases at the same store, or least those in similar vicinity. Not only will you reduce the time you spend in traffic, you’ll reduce the time you spend searching for a parking space

Shop online when possible:
Many popular stores have Web sites, including AAFES. Often there are special sale processes and discounts on items ordered online. Often they are the very same items found on retail shelves.

Most stores with e-shopping have liberal return policies, and some will even let you return items purchased online to local retail stores. However, be sure to ask about return and exchange policies before making a purchase. Also, be sure you’re shopping on a secure Web site. You can save as much as 20-percent off certain items simply by purchasing them online. Many have unadvertised specials available only to e-shoppers.

Take advantage of in store gift-wrapping:
While some stores charge for this service, many offer it as a value-added incentive. Free gift-wrapping not only saves time, but money as well. Wrapping paper, along with the obligatory ribbons and bows can be quite expensive. Wrapping gifts at home, if you’re doing a nice job, clocks out at about three gifts per hour. Many online merchants provide free gift-wrap and shipping.

Consider alternatives to traditional holiday gifts:
If guessing what to give someone is really not your strong point, consider alternatives to traditional holiday gifts. One great gift idea recommended by the National Retail Federation is the “gift card.” Gift cards, like gift certificates enable the recipient to browse and select an item of their choice. No longer thought of as the “lazy-man’s” gift, gift cards are available from a growing number of retail stores as well as fine dining establishments.

Book a babysitter if possible:
Shopping with small children in a crowded mall can be exhausting, not only for the toddlers, but for the parents as well. Not dragging the kids along will afford you the opportunity to concentrate on the task at hand and not on what the kids are putting in the basket.

Reduce credit card risk:
Before you even leave the house, do yourself a favor and take all of your credit cards out of your wallet. Make a list of the cards that are issued to you and write down:

- ♦The company that issued the credit card
- ♦The name as it appears on the card
- ♦The account number
- ♦The expiration date
- ♦The telephone numbers for both customer service and to report a lost or stolen card

Put this information in a safe place—not back in your wallet or purse. Second, don’t take every credit card with you. Not only does this make you a tempting catch for



Photo by Master Sgt. Deb Smith

Smart shoppers get more out of their holiday dollars by comparing products, prices and store return policies. Tech Sgt. Deborah LaGrand-Quintana of the 140th Communications Flight examines the features on this cordless phone set at the Buckley Base Exchange.

holiday pickpockets. However, if you don’t have the card with you, it’s hard to use it. According to the Consumer Federation of America the majority of household credit card debt is accumulated during the holiday season—and takes an average of four months to pay off.

Buying electronics or jewelry:
Make sure you understand any return, exchange or warranty the seller offers. More importantly, make the seller ensure in writing that their return policy will extend your time to return or exchange a gift item beyond the holiday itself, not the actual purchase date. This gives you more time if you need to make an exchange or return.

Know your rights as a consumer:
Know your rights as a consumer as you shop. What is the refund or

return policy? Do you need the receipt or a gift card to return the product? Are there any additional costs for shipping, batteries, etc? Check the delivery dates.

A Federal Trade Commission rule requires sellers to ship items as promised or within 30 days after the order date, when no specific date is promised. Be sure you understand exactly what protection you will get if something goes wrong later.

Don’t let emotion put you into deeper debt!
Many Shoppers let the emotions of the holiday put them into debt they cannot realistically afford. Shop with a level head. Make a list of gift items and stick to it. Pay cash or check when possible and don’t let guilt from the previous 11 months sneak into your wallet this holiday season.

ARPC ‘Crazy Bear’ encourages co-workers to ‘strengthen the spirit’

By Donald Smith
ARPC Public Affairs

For most special emphasis programs held at the Air Reserve Personnel Center (ARPC), guest speakers travel from across the country to give their presentation. At the 2003 Native American Heritage Month program ARPC’s Doug "Crazy Bear" Jessup addressed many of his friends and co-workers about the importance of recognizing Native Americans and their contributions. Jessup, the chief of manpower and organization in ARPC’s directorate of plans, emphasized "strengthening the spirit," during his presentation Nov. 19 at the Buckley Annex. He said that by giving to others - whether it’s a smile, kind words or mental, physical and spiritual assistance - people can strengthen the spirit of those around them. "If we all became a pebble that was dropped into a vast body of water and the ripples we create affect someone out there in a positive way knowing that someday they will go on and create ripples

of their own to help someone else," he said. Jessup entered the auditorium dressed in a Native American outfit he handcrafted from deerskin; fringes; bear fur; buffalo, horse and elk hair; ermine tails and 80,000 seed beads. He began the ceremony by taking the stage and stepping into the center of a medicine wheel he had set up on the floor. During what he described as an invocation, Jessup turned and faced east, south, west and north, as he asked the Creator to guide, hear, assist, forgive, bless and strengthen. After the blessing Jessup presented Col. Patricia Quisenberry, ARPC vice commander, and Richard Anderfuren, DFAS deputy director, with medicine pouches as gifts. Jessup said it was symbolic of the Native American tradition to give gifts to show respect to visiting leaders of other tribes. He also discussed stereotypes placed on Native American culture. Sand paintings isn’t Native American art, Jessup said. "(Sand paintings) are used for healing ceremonies, harvest ceremonies, hunting ceremonies. When the need arises, it was performed." Jessup’s Native American name "Crazy Bear," was given to him by his mentor and guide a Cherokee tribe holy man, who taught Jessup Native American spirituality and culture. "Bear" is Jessup’s journey totem and "Crazy" referenced his fearless personality. Jessup said he hoped his presentation brought understanding and knowledge to all who attended because "yemasta - we are all one."



Photo courtesy of Donald Smith

Doug "Crazy Bear" Jessup talks to his audience about the importance of recognizing Native Americans and their contributions.

Don’t forget to send us your coloring contest submissions from the Nov. 21 edition of *Mile High Guardian*. The person whose art work is chosen will get to see it on the cover page of the Dec. 19 issue. Submissions should be dropped off at the Public Affairs office in Bldg. 606. Submissions must be received by Dec. 10. (It is preferred that submissions be turned in at the Public Affairs office to avoid folds in the artwork from being mailed.)



THE BLOTTER ENTRIES

Emergency Response

Location: Bldg. 28
The fire department notified the law enforcement desk that an engine responded to Bldg. 28 for an alarm. One patrol was dispatched for assistance. The fire chief stated the cause of the alarm was burnt food. No further action was taken.

Emergency Response

Location: Bldg. 28
The fire department notified the law enforcement desk that an engine responded to Bldg. 28 for a fire alarm. One patrol was dispatched for assistance. The fire chief stated the cause of the alarm was a curling iron.

Possible DUI

Location: Sixth Avenue Gate
A security forces member notified the law enforcement desk of a possible drunk driver at the Sixth Avenue Gate. The member said he observed erratic driving as the driver approached the gate and slurred speech along with a heavy odor emitting from the vehicle. One patrol was dispatched for assistance. The driver consented to a field sobriety test and failed. The driver was then transported to the law enforcement desk where he submitted to a breath test resulting

in a .000 breath alcohol level. The driver was released and no further action was taken.

Unlocked Facility

Location: Bldg. 725
A security forces member notified the law enforcement desk that while conducting a check of Bldg. 725, he found the east door of the building unsecure with no signs of forced entry. One patrol was dispatched. Security forces established a cordon and completed a walk-around of the facility. Security forces contacted the building custodian, who responded. Security forces and the building custodian conducted an interior check of the facility where everything appeared to be in order.

Emergency Response

Location: Bldg. 606
The fire department notified the law enforcement desk that an engine responded to Bldg. 606 due to a gas odor being detected. Security forces were dispatched for assistance. The call was terminated by the fire chief. The cause was unknown.

Found Private Property

Location: Bldg. 1000
A military member notified the

law enforcement desk that he found a wallet near the front doors of Building 1000. The member left the wallet at the law enforcement desk for safekeeping.

POV vs. Fixed Object

Location: Bldg. 630
A military member notified the law enforcement desk that he had backed into a freezer unit in the parking lot of Bldg. 630, leaving three small dents on the corner of the freezer. One patrol was dispatched. The military member completed a minor vehicle accident worksheet.

Unauthorized Base Entry Attempt

Location: Telluride Gate
A security forces member initiated a traffic stop after a driver failed to show proof of insurance. A check with the National Crime Information Center revealed an outstanding warrant for the driver for failure to appear. One patrol was dispatched for assistance. The driver was apprehended and transported to the law enforcement desk and released into the custody of the Aurora Police Dept.

Unlocked Facility

Location: Bldg. 1301



A security forces member notified the law enforcement desk that the main door on the northwest side of Bldg. 1301, the Naval Reserve Center was unsecure with no signs of forced entry. One patrol was dispatched. Security forces established a cordon and completed a walk-around of the facility. Security forces contacted the building custodian, who responded. Security forces and the building custodian conducted an interior check of the facility where everything appeared to be in order.

Buckley VIEWPOINT

Wing commander extends his holiday message

As Americans, our great fortune is that we reside in a country full of hope and prosperity - a country that promises liberty for all of its citizens.

Traditionally, we have set aside Thanksgiving as a day to celebrate the many blessings we enjoy, and sometimes take for granted, as people of this great nation. Like those who began this tradition in 1621, pilgrims and native americans who enjoyed a harvest feast in Plymouth, Massachusetts ... our armed forces and those who serve beside us continue to carry the torch of freedom.

As we gather this thanksgiving, let us reflect on the blessings we enjoy today and acknowledge the selflessness of the men and women of our armed forces in assuring our security and freedom ... our courageous soldiers, sailors, airmen, Marines and Coast Guardsmen ... our bold and daring warriors who seek peace, freedom, prosperity and religious freedom for all.

Again this year, thousands of Americans are stationed or deployed overseas, many separated from family and friends. Our thoughts and prayers are with them and their loved ones as

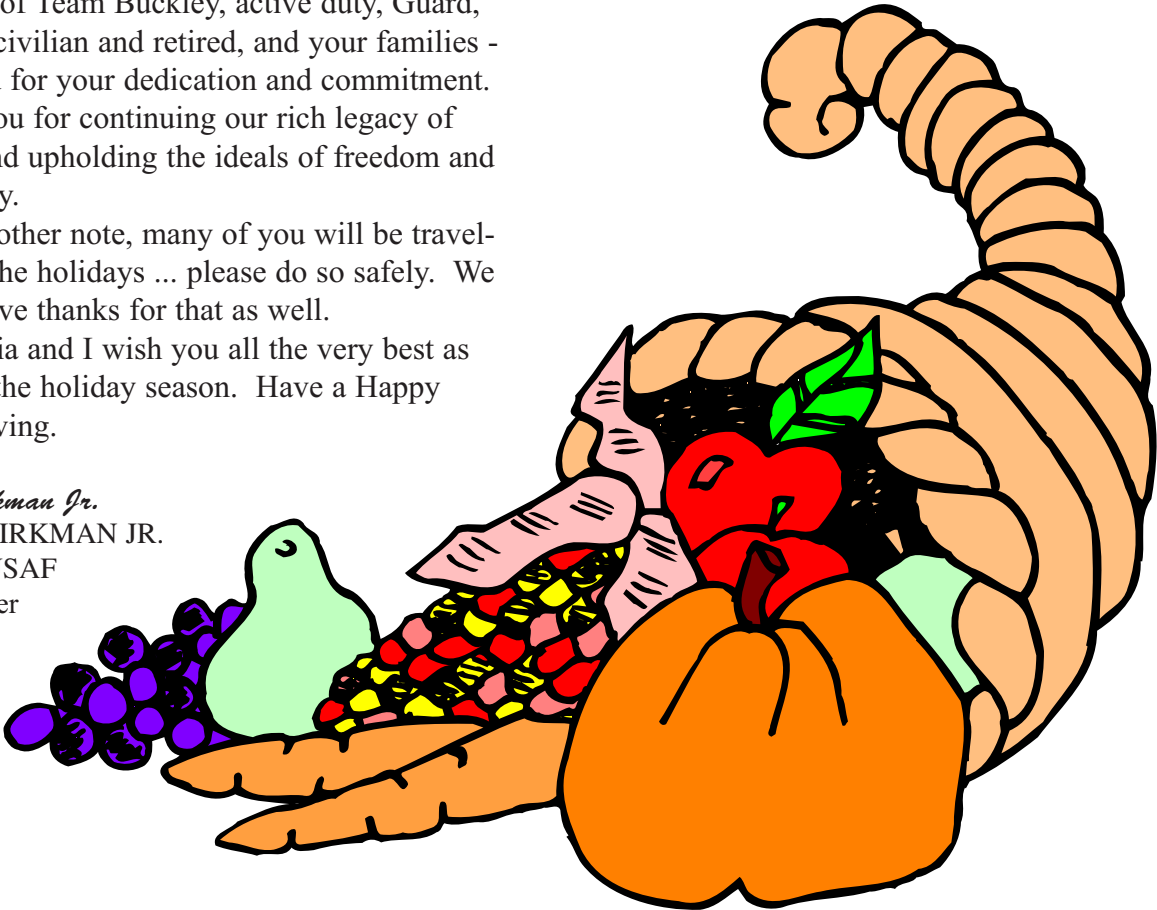
they perform their vital missions.

To all of Team Buckley, active duty, Guard, Reserve, civilian and retired, and your families - thank you for your dedication and commitment. I salute you for continuing our rich legacy of service and upholding the ideals of freedom and democracy.

On another note, many of you will be traveling over the holidays ... please do so safely. We will all give thanks for that as well.

Cynthia and I wish you all the very best as we enter the holiday season. Have a Happy Thanksgiving.

Allen Kirkman Jr.
ALLEN KIRKMAN JR.
Colonel, USAF
Commander



Air Force secretary, chief of staff send Thanksgiving message

WASHINGTON — The following is a Thanksgiving message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

“Thanksgiving is a wonderful national tradition that provides a special opportunity to recount our blessings as Americans.

“Today, we have much for which to be thankful. We serve a free and peace-loving nation that appreciates what we do to preserve our security. Our Total

Force of more than 700,000 active, Guard, Reserve and civilian airmen is blessed

with world-class capability and training that has been tested and proven on the battlefield.

“We are a force of professional airmen, forged in

combat, but dedicated to the pursuit of peace and security, and situated on an unshakeable foundation: our integrity, excellence and

the privilege of serving a cause greater than our own self interests.

“For your service and support of those bedrock principles, we offer our sincere and humble thanks.

You are the strength and power that symbolizes America’s Air Force — the world’s greatest air and space power.

“On this

Thanksgiving Day we are thankful for each of you who serve — you are

remarkable people, many of whom are deployed far from home engaged in the Global War on Terrorism. We encourage those who are not deployed to remember the families of deployed airmen and include them in your holiday plans.

“We’re very proud of you and your families who have answered our nation’s call. Thank you for your dedication and professionalism while protecting our cherished freedoms. Happy Thanksgiving!“
(Courtesy of American Forces Press News)



MILE HIGH GUARDIAN

The Mile High Guardian is published by the Aurora Publishing Company, a private firm in no way connected with the Department of Defense, under written agreement with Buckley Air Force Base. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the Mile High Guardian are not necessarily the official views of, nor endorsed by, the U.S.

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cation shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital affiliation or any other non-merit factor of the purchase, use or patron. Editorial content is edited, prepared and provided by or under the direction of the Public Affairs Office at Buckley Air Force Base. The Mile High Guardian welcomes unsolicited articles; however, we will

not guarantee publication. The editorial staff, listed to the right, also reserves the right to edit the final appearance of articles in this publication. All submissions are edited for accuracy, brevity, clarity and military newspaper style in line with current journalistic standards. To reach us, call 303-677-9431 or you can fax us at 303-677-6887.

Editorial Staff

Col. Allen Kirkman Jr.
Commander

John M. Spann
Chief, Public Affairs

Staff Sgt. Christine Castillo
Editor

Airman 1st Class
Chris Smith
Staff Writer

Buckley Happenings

Military Personnel Flight

The Military Personnel Flight (MPF) customer service desk will be the home of the new Personnel/Finance customer service desk. This merger will allow all personnel to be serviced at one location rather than two separate offices. In order to improve customer support, it will be necessary to first complete the required con-

struction at the MPF. Beginning Dec. 8, the MPF customer service counter will be closed while construction takes place. The estimated date the MPF will reopen is Jan. 2, which is subject to change.

Chapel Services

Catholic: The Feast of the Immaculate Conception will be celebrated Dec. 8 with confessions at 11:30 a.m. and Mass at noon in the base chapel.

2003 Holiday Cookie Caper- The base chapel needs help baking, bagging and delivering cookies. Please bring baked cookies to the chapel by close of business on Dec. 10. For more information, contact the chapel at 303-677-6411.

Transition Assistance Program

This three-day seminar is open to all servicemembers who are within 90

days of separating or retiring from the military. It is designed to help you find a job after you leave the service. Civilians impacted by a RIF may attend on approval from the Transition Assistance Program office. Spouses are also encouraged to attend. The next class is scheduled to begin Dec. 2-5.

Mile High Guardian

The Mile High Guardian

is now available online! Log on to www.buckley.af.mil/news.htm and view current or past editions.

Story ideas are always welcome. If you have a story idea, send an e-mail to newspaper@buckley.af.mil, call us at 303-677-9431 or send us a fax at 303-677-6887. Submissions are also welcome.

The last issue of the year will be published on Dec. 19, with the first issue of 2004 being published Jan. 9.

Help Operation Warmheart make this holiday season a better one

Operation Warmheart is a program aimed at helping families put together a nice meal at Christmas. The goal is to ensure that everyone has the opportunity to celebrate this special festive occasion. Donations are accepted at the entrance of the Commissary, Base Exchange and each base unit. Food baskets are assembled and delivered by Team Buckley first sergeants. Your donations of the following non-perishable food items are greatly appreciated: canned pineapple, canned apple sauce, packaged potato mixes, boxed pie crust mix, canned pie filling and canned vegetables. Thank you! For more information, contact your unit first sergeant.

Team Buckley Quarterly Awards Breakfast

The Air Reserve Personnel Center is hosting the Team Buckley Quarterly Awards Breakfast Dec. 5 at the Denver Airport Marriott at Gateway Park. Attendees should be in place by 8 a.m., 7:15 a.m. for nominees. Nominees should be in service dress uniforms. The cost for the breakfast is \$10. To reserve your seat, contact your first sergeant by Dec. 1.

High Frontier Dining Facility Menu (Nov. 28 - Dec. 4)

Dining hours

Breakfast: 5:30 a.m. - 8 a.m.; Lunch: 10:30 a.m. - 1 p.m.; Dinner: 5 p.m. - 7 p.m.; Midnight Meal: 11 p.m. - 1 a.m.

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
LUNCH	Chicken noodle soup Swiss steak with tomato sauce Baked chicken Sweet Italian sausage Peppers and onions Steamed rice Mashed potatoes Chicken/turkey gravy Broccoli polonaise Carrots	New England clam chowder Onion and lemon baked fish Pork schnitzel steak Yakisoba beef and spaghetti Baked potatoes Mashed potatoes Mushroom gravy Simmered pinto beans Spinach Stewed tomatoes	Chicken with rice soup Caribbean jerk chicken Beef porcupines Chicken enchilada Scalloped potatoes Steamed rice Brown gravy Mexican corn Peas and onions Savory baked beans	Beef noodle soup Orange-spiced chops Liver with onions Tempura fried fish Rissolle potatoes Steamed rice Brown gravy Broccoli Peas with carrots Wax beans	Vegetable soup Fish Newburg Beef and corn pie Roast turkey Pea and pepper rice Cream gravy Corn on the cob Stewed tomatoes Mustard greens	Double good chicken Savory baked chicken Swedish meatballs Creole shrimp Baked potatoes Steamed rice Chicken/turkey gravy Cream corn Asparagus Squash	Knickerbocker soup Oven fried fish Cantonese spareribs Grilled mustard chicken Baked macaroni and cheese Boiled egg noodles Brown gravy Peas Sweet potato Broccoli combo
DINNER	Chicken noodle soup Roast turkey Baked can ham Raisin sauce Fish and fries Mashed potatoes Corn bread dressing Chicken/turkey gravy Succotash Tempura vegetables Herbed green beans Short Order: Cannonball sandwich Fried chicken nuggets	New England clam chowder Paprika beef BBQ beef cubes Chicken fajitas O'Brien potatoes Steamed rice Brown gravy Cauliflower Corn on the cob Lima beans Short Order: Steak and cheese sub Tacos	Chicken with rice soup Pita pizzas Country style steak Fried chicken Oven browned potatoes Mashed potatoes Brown gravy Fried cauliflower Bean combo Short Order: Cheese pizza Reuben sandwich	Beef noodle soup Mr. Z blackened chicken Pepper steak Pasta primavera Mashed potatoes Steamed rice Brown gravy Mixed vegetables Fried okra Green beans Short Order: Buffalo wings Roast beef sub	Vegetable soup Simmered corn beef Pineapple chicken Yankee pot roast Crispy potato wedges Simmered potatoes Brown gravy Fried cabbage Carrots Black-eyed peas Short Order: BBQ pork sandwich Burritos	Double good chicken Baked fish Hungarian goulash BBQ chicken Parsley butter potatoes Onion gravy Steamed rice Vegetable stir fry Boston baked beans Cream corn Short Order: Fried chicken nuggets Hot Italian sausage	Knickerbocker soup Stir fry beef with broccoli Turkey nuggets Loin Strip steak Mushroom and onion sauce Baked potatoes Rice pilaf Brown gravy Corn on the cob Short Order: Cheese pizza Reuben sandwich

Powers of Attorney: which one is right for you?

Courtesy of 460th
Legal Office

Military members are often called away from home on short notice. In such a circumstance, the proper power of attorney can provide your family with the authority to act on your behalf to administer your personal affairs

A power of attorney is a legal document by which you, the principal or grantor, give another person (often called the attorney-in-fact) the authority to act as your agent.

Your attorney-in-fact may act on your behalf in handling business, personal or legal matters. There are three types of powers of attorney: general, special and medical.

There is no law or regulation specifying when you must give someone your power of attorney. But another person cannot normally act for you in business or legal matters without receiving your power of attorney.

Thus, if you will be unable to act for yourself due to an assignment or a temporary duty, you should consider using a power of attorney.

A general power of attorney gives your agent the right to conduct financial and legal affairs on your behalf, including the right to act on your behalf in a variety of

transactions like buying and selling property, liquidating bank accounts or purchasing items on credit. Actions done under authority of a general power of attorney are treated as if you actually made the transaction. There are two important factors you should consider before you get a general power of attorney. First, businesses are not required to accept a power of attorney. Second, even if the general power of attorney is accepted, your agent may obligate you in a way you never intended and for which you will be held accountable.

A special power of attorney is a limited power of attorney that only provides your agent the right to act for you to accomplish some specific purpose. Examples include: registering or selling your automobile or house, paying your taxes, shipping your household goods, obtaining medical care for your children and cashing checks.

The authority of the attorney-in-fact is spelled out in the document narrowly defining the areas in which you allow your agent to obligate you.

Certain purposes must be



Photo by Master Sgt. Deb Smith

Wills and powers of attorney are powerful legal instruments and are as individual as the person to whom they belong. Careful consideration and planning are necessary to ensure these documents work for you in your absence—not against you.

specifically listed in a power of attorney. Two examples of this are the power to file taxes and the ability to buy or sell real estate. If you want someone to file your federal income tax return for you, you must give your attorney-in-fact a special IRS power of attorney (Form 2848). If you want someone to file a state income tax return for you, you must give your attorney-in-fact a special power of attorney. A general power of attorney is not

sufficient. A power of attorney for real estate transactions requires you to specifically state a legal description (contained in the deed) of the real property (along with the street address) that you want your attorney-in-fact to buy or sell on your behalf. Whenever a deed is signed pursuant to a power of attorney, both the deed and the power of attorney should be recorded and thus both need to be executed with

See Legal, Page 10

137th SWS receives 2003 NGAUS Distinguished Mission Support Award

By Maj. David K. Simmons
Colorado Air National Guard

In the northeastern Colorado plains in Weld County among cattle ranches, farms and the local airport, you'll find a quiet mobile sentinel — the 137th Space Warning Squadron (SWS). Based at the Greeley Air National Guard Station since January 1996, the 137th is home to Air Force Space Command's (AFSPC) Mobile Ground Station (MGS) and the nearly 300 part and full-time members of the unit.

Commanded by Col. William "Bill" Hudson, this unique AFSPC / Air National Guard (ANG) squadron has helped lead both organizations into the 21st century.

With the establishment of DoD's Total Force policy in the 1970s, initiatives were taken to start migrating space missions to the reserve components.

Since the unit's inception in 1996 as the first National Guard unit in AFSPC, the 137th SWS has set the benchmark in numerous areas for excellence in performance of mobile space and missile warning operations, exercises, accident prevention and community involvement. In 2001 and 2003, the unit was recognized by the National Guard Association of the United States (NGAUS) as the recipient of

NGAUS' Distinguished Mission Support plaque. This national award is given to only five outstanding units throughout the National Guard, highlighting outstanding ability, competence and future potential.

In the mission accomplishment arena, NGAUS noted the squadron served with 100 percent mission availability, zero downtime and complete mission success on all AFSPC taskings. In 2002, the unit executed its first-ever Major Accident Response Exercise (MARE), underscoring the organization's ability to deal with a severe crisis. Its intelligence office developed over 70 tailored briefings for space operators, further ensuring mission success.

In the deployment and exercise area, NGAUS sited the unit's unparalleled effort to support higher headquarters' exercises and deployments during annual field training. In the unit's accident prevention program, the squadron initiated some years back its Operational Risk Management (ORM) program in order to better understand the nature of how accidents occur and to initiate proper

and appropriate processes to reduce accidents and injury.

The Guard Association highlighted the unit's focus to reduce the potential of accidents with its RF Radiation Safety Program, new headquarters building facility fire alarm system and new fire escape, increasing personnel survivability during a crisis.

Within the community, 137th SWS personnel excelled in serving Colorado, setting a number of

benchmarks in 2002 for its public service. In recognition of its work with Greeley, Weld County, the Fourth Congressional District and the State of Colorado, the squadron was recognized as first place of 200 units in family support, winning the National Guard's Outstanding Family Readiness Support Award. For his leadership, the commander was awarded the Family Support Commander Award. The National

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Photo courtesy of Maj. David K. Simmons

Lt. Gen. Daniel James III, director of Air National Guard, and Maj. Gen. Martha Rainville, vice chair (Air), National Guard Association, present the award to members of the Colorado Air National Guard. Brig. Gen. Mike Edwards, 140th Wing commander; Colorado Adjutant General, Maj. Gen. Mason Whitney; 137th SWS commander, Col. William Hudson; Lt. Gen. James, Maj. Gen. Rainville and Maj. Dave Simmons, 137th SWS flight commander.

From Legal, Page 8

witnesses and a notary.

A medical power of attorney authorizes another to make medical decisions for you when you are unable to make decisions for yourself.

Generally, a power of attorney expires immediately upon the death or incapacity of the grantor. Powers of attorney do not replace wills and do not prevent probate. Because the authority you have

given your agent will terminate upon your death (or the date your agent learns of your death) the power of attorney will only serve to facilitate your business and personal affairs while you are away from home.

A power of attorney is automatically revoked when your agent learns of your death, the date specified in the document arrives or you affirmatively revoke or terminate the power of attorney and thus your

agent’s powers.

To prevent misuse of a previously granted power of attorney you will need to destroy all copies of the document, including any copies held by the agent. Notice of the revocation should also be provided to your creditors.

Limit the period that the power of attorney is in effect to the absolute minimum necessary to accomplish the task. Except in very unusual circumstances (such as

your incapacity or incompetence), no power of attorney should be granted for more than one year.

You have the option of creating a power of attorney that only becomes effective if one of the following occurs: your incapacity, incompetence or deployment. By doing so, the power of attorney will only be effective when you are unable to act on your own behalf.

From Space, Page 9

Guard selected the unit’s first sergeant, Senior Master Sgt. Jim Lockard, for the 2002 Minuteman of the Year award, a prestigious recognition for service above and beyond. Additionally, the unit has

supported the annual 9News Health Fair program.

Whether the 137th SWS is providing national service through space operations or local service within the community, it is clear the men and women of the

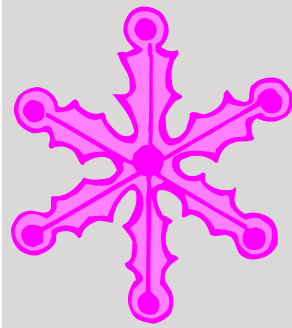
Greeley Air National Guard Station never forget it is a privilege to serve.

“Leadership is what gets things done. It’s not rules—although they are important. It’s not management—although that’s important.

It’s getting a team effort focused on common, reasonably attainable, worthwhile objectives. It’s ensuring the wherewithal for our people to attain those objectives. It’s inspiring people to do more than they thought they could based on


the simple but vital assumption that the Air Force is by and large made up of bright, dedicated, patriotic people.”

— Gen. Larry D. Welch
Former Air Force chief of staff



BUCKLEY SNOW CALL/STRAIGHT TALK LINE: 303-677-SNOW

During inclement weather, this hotline is for information such as base closures or delayed reporting. This line is also used for updates during crisis situations. The hotline is updated by 5:30 a.m. on inclement weather days and whenever crisis situations arise.



Crossword -- Happy Thanksgiving!

ACROSS

- 1. Native American who helped 6 ACROSS in 1620
- 6. Curtain helped by 1 ACROSS
- 12. Tiger's organization
- 13. USAF space-lift vehicle for satellites
- 14. Cash machine
- 15. Poetry
- 17. Desire
- 18. Fiction writer Edgar Allen ____
- 19. Hope for Thanksgiving
- 20. Actresses Thompson and Caulfield
- 22. Knight
- 23. Drop
- 26. Dirt
- 27. Wampanoag chief invited to first Thanksgiving
- 31. Item 1 ACROSS taught 6 DOWN colony to raise
- 34. Woodwind instrument
- 35. Stadium cheers
- 36. Saga
- 37. Mend
- 38. Mocks
- 40. Overseas address
- 41. Tail markings for a/c assigned to 28th BW
- 42. Supervisor change in USAF (abbrev.)
- 43. USAF assignment system (abbrev.)
- 46. Computer "laugh"
- 47. Terre ____, Ind.
- 49. Tail marking for a/c assigned to 180th FW
- 50. Center of the solar system
- 51. Thanksgiving items filled with food
- 54. Reason for first Thanksgiving
- 55. Mistake
- 58. Actress Archer
- 59. 1621 colony governor who declared first Thanksgiving
- 60. Item had after Thanksgiving meal
- 61. Sault ____ Marie

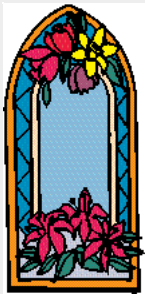
DOWN

- 1. Emergency code
- 2. Former US base, RAF ____ Heyford
- 3. Holy site in India
- 4. USAF E-4 aircraft
- 5. Lyrical poem
- 6. Colony founded by 6 ACROSS
- 7. Article
- 8. Actresses Turner and Clarkson
- 9. Talk
- 10. Simpson trial judge
- 11. French lady (abbrev.)
- 16. Cliques
- 19. Former home to Clark AFB (abbrev.)
- 21. The Final Frontier?
- 22. Native American who first interacted with Mass. colony
- 24. President who declared Thanksgiving a national day
- 25. Apply
- 26. Hamm and Farrow
- 28. Cain's brother
- 29. Female pig
- 30. Mining goal
- 32. October birthstones
- 33. Remove from a magazine (two words)
- 38. Ancient Germanic letter (two words)
- 39. Acronym for George W. Bush
- 42. Dress a turkey?
- 44. Actress Kelly of The Cutting Edge
- 45. Pieces of glass
- 47. What 51 ACROSS are made of
- 48. Shock therapy formally (abbrev.)
- 51. Walking stick
- 52. Lively
- 53. Cushy
- 54. Owned
- 56. Fish egg
- 57. Increase

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By 1st Lt. Tony Wickman

Look for another crossword puzzle and this week’s answers in the next edition of the *Mile High Guardian*



**Worship
Services and
Religious
Education**

Protestant

Sunday: Bible study, 9.a.m.; Contemporary worship service, 10 a.m.
Tuesday: Aerospace Data Facility Bible study, 11:30 a.m. - 12:15 p.m., ADF conference room C.

Wednesday: Singles dorm fellowship: 5 p.m., dormitory lobby.

Catholic

Saturday: Confession, 2:30 p.m.; Mass, 3 p.m. The Feast of the Immaculate Conception will be celebrated Dec. 8 with confessions at 11:30 a.m. and Mass at noon in the base chapel.

Buckley Chapel Schedule

Other Faith Groups

Please contact the base chapel at 303-677-6411 for information on local and regional faith groups.

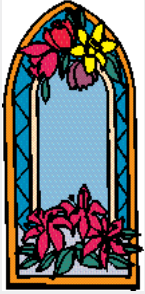
Special events

Fellowship luncheon: Second Wednesday of each month, from 12 to 12:45 p.m for food, fel-

lowship and a brief devotion.

*2003 Holiday
Cookie Caper*

The chapel needs help baking, bagging and delivering cookies. Please bring baked cookies to the chapel by close of business Dec. 10.





Buckley Services enters the “ICE” age

By Kristen Speck
Marketing Assistant

Companies are constantly looking for effective and efficient means for their customers to provide feedback. The Department of Defense has recently adopted one such system.

The program, known as Interactive Customer Evaluations, or ICE, allows individuals to log onto the Internet and submit a complaint, suggestion, or comment directly to the activity managers on base.

"This will revolutionize the way we handle quality-of-life issues," said Randy Henline, Services Director. "This allows us to keep an ongoing account of how our facilities and programs are doing."

Currently, all Services activities on Buckley are listed on the ICE website, allowing individuals to comment on one, two or all of the facilities. The program then instantly sends a customer's suggestion to a manager who can respond. For example, if someone is concerned that the heat is set too low in the winter at the High Frontier Dining Facility, an individual can simply log onto the ICE web site, click on Buckley AFB Dining and submit a comment that will be received by the facility manager within minutes.

Our intent is that the ICE program will replace all paper comment cards. According to Henline, paper comment cards require extensive manpower to manage. The ICE program is beneficial because it allows the activity managers to identify policies and procedures



Photo by Kristen Speck

Staff Sgt. Chris Sabadosh logs on to the ICE website to make suggestions about the day-to-day operations at the Community Activities Center.

that may or may not be working in the best interest of the customer.

"This will modernize the way that we handle customer service," said Beth Healey, Commercial Sponsorship Coordinator. "This allows us the opportunity to evaluate trends, address concerns and develop programs that are a direct result of the customer comments."

Another advantage of ICE is that it allows individuals the opportunity to gather informa-

tion when they are moving to another duty station. On ICE, someone can check statistics, opinions and gather contact information on services provided at another location.

For questions or additional information concerning the ICE program, please contact Kristen Speck at 303-677-6050.

Let Us Know How We Are Doing...

Log on *<http://ice.disa.mil>*

Click on “Air Force CONUS”

Click on “Buckley Air Force Base”

***Make a Difference with the
Click of a Button!***



The Child Development Center celebrates Harvest Festival

By Kristen Speck
Marketing Assistant

A little bit of snow and cold temperatures didn't keep the Child Development Center (CDC) team from celebrating fall with this years' Harvest Festival.

The celebration is a time for the children to make their fantasies come true as they dress up in a wide range of costumes.

"We saw everything from cheerleaders to Care Bears this year," said Bonita Jones, Child Development Center Director. "This celebration gives children a chance to become some of the things that they most admire."

The entire center got involved as they played games such as painting the pumpkin or fishing for apples. As with all CDC events, the teachers seemed to be having just as much fun as the children. Teachers and children from each room had the opportunity to walk through the building to visit the other children and compare costumes.

"Our Child Development Center is constantly coming up with new ideas to bring spark into the lives of our children," said Gabriele Franke, CDC child care provider. "This is a group that really loves what they are doing, and it shows."



Photo by Kristen Speck

The 5-year-olds from Michelle Buscho's room show off some of their best costumes at the Buckley Child Development Center Harvest Festival.



Photo by Staff Sgt. Jessica Bruno

Congratulations!

Capt. Marizza Moreno-Benton presents Staff Sgt. Thomas Thorpe two Suite Tickets to the Denver Nuggets game on Nov. 1

A special thank you to IITC for donating the tickets and their continued support of the Buckley military community.

A Great Seasonal Treat Butterscotch Hot Cocoa Mix

Ingredients

- 2/3 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 1/3 cups nonfat dry milk powder
- 1 2/3 cups butterscotch-flavored semisweet chocolate pieces

Directions

Layer sugar, cocoa powder, milk powder, and chocolate pieces in two 2-cup milk bottles or jars, dividing equally. Add additional chocolate pieces to bottles or jars to fill small gaps, if necessary. Tightly cover and store in a cool, dry place for up to six weeks.

Preparation Directions

In a large saucepan, combine contents of one jar with 1-2/3 cups water. Stir over medium heat until hot and chocolate pieces have melted. Pour into four mugs and serve with peppermint sticks or candy canes, if desired. Makes enough for eight servings.

To Present This As a Gift

You will need a milk bottle (available in antique stores and at flea markets), ribbon, candy cane, and scissors. First place the cocoa mix in the bottle according to the directions above. Tie a ribbon around a candy cane for extra embellishment. Trim the ribbon ends, if needed. Include preparation directions with gift.

Also Try This: Use ribbon to tie a decorative stirring spoon to the neck of the milk bottle.

Air Force Vacation Club Offers Great Get-Aways

By Lt. Col. Paul D. Bauer
Commander, Mission Support Squadron

VAIL, COLO. - Framed by a clear-running stream and strands of Aspen Trees. This resort is located just a few minutes’ drive from the heart of Vail Village and only two miles from the slopes of Vail Mountain.

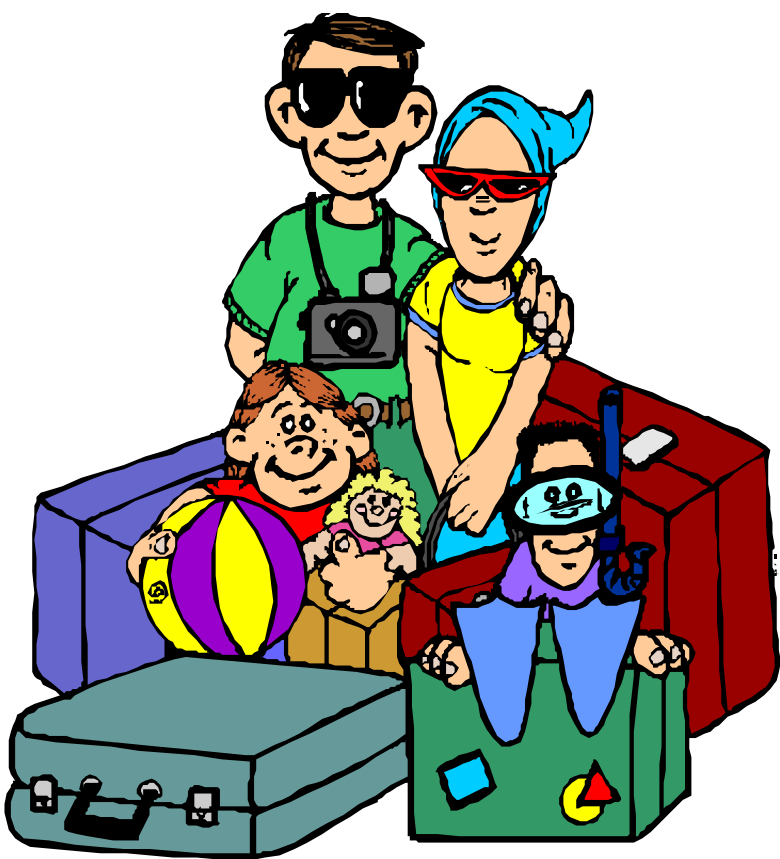
ORLANDO, FLA. - A serene environment in the heart of Orlando. Located less than 10 minutes from Walt Disney World and SeaWorld, this resort is amid all of the city’s famous attractions and activities. After a busy day sight-seeing, relax in the resort’s pool or outdoor whirlpool or spend time enjoying all of the amenities of home in either your one-or-two-bedroom unit.

BATH, ENGLAND - Guests have sole charge of a houseboat, allowing the exploration of the beautiful Kennet and Avon Canal waterways. The canal stretches from Bristol to Reading and passes through the rural landscape, over chalk vales and winds its way through the villages, market towns and the historic city of Bath. The wharf itself, is situated just 10 minutes away from Bath city centre, where guests can visit the Abbey, Roman Baths, Pump

Rooms or take a trip on one of the city tour buses, which actually cross the bridge next to the Wharf.

What do these ads have in common? They are among the thousands of top-notch resort and vacation destinations in the United States and world-wide that offer their facilities to the DoD employees, both military and civilian, for only \$249.00 a week. That means that you can stay in Vail, Palm Springs, Paris and other “rich and famous” locations for under \$36.00 a night.

So how do I sign up? Go to the Armed Forces Vacation Club webpage at www.afvclub.com. Search the locations and dates available, and follow the easy to use reservation process. As a note of interest, you will be asked to enter the “code” for Buckley (39). Why is that important? Because every time a reservation is made with Code 39, Buckley Air Force Base



Services receives \$23.40 to be used to improve services on this base.

As a frequent user of this program, I can tell you that this is one of the great benefits of working for our government. See you in Vail!

Tips on preparing for the commanders physical training program

Courtesy of
Fit For Life - Tip of the Month

Not a runner? The following tips will assist you in preparing for a regular PT program if you are not accustom to regular, vigorous exercise as well as reduce risk of injury.

Have a Current Periodic Health Assessment

(PHA) - Physician clearance is important to reduce risk of incident or injury.

Wear Proper Exercise Attire - Wear loose, comfortable clothes that are adequate for exercise. For outdoor impact activities, such as running, proper shoes with adequate traction and support for the foot are critical.

Warm Up! - Every exercise session should

begin with a low intensity warm up period, which is best accomplished by performing the activity of choice at a very low intensity.

Stretch - Following warm up (and again at the cool down), each major muscle group should be stretched and held (without bouncing) for 10 to 20 seconds.

Start Slow! - Your aerobic training should be progressive. Begin at a comfortable level (for most beginning runners this is around 5 mph or a 12 min. mile) and increase intensity slowly after a period of weeks.

Know Your Environment - Extreme hot/humid or cold temperatures may produce heat stress or hypothermia. Dehydration and medication can also increase the effect of exercising in the heat. Drink plenty of water before, during, and after exercise, and avoid medications (especially ephedra) that may increase the risk of incident.

Select an Appropriate Location - Exercise location should be carefully planned. If running, it should be a relatively even surface, well lighted (if after daylight), be away from busy traffic, and have visibility of about 1/2 mile.

Remember that mild aching and soreness are common while exercising to improve fitness. Proper warm up, stretching, and cool down can minimize early aches and pain. Common sense and slow progression can contribute to individual fitness improvement and help maintain the regularity of a physical training program.



Photo by Kristen Speck

Helen Dawes, Recreation Assistant, helps Staff Sgt. Scott Booth plan and follow his work-out routine.

Keeping You Posted...

Child Development Center - Bldg. 725
Monday-Friday 6:30 a.m. - 5:30 p.m.
Saturday, Sunday and Holidays: Closed

Drop-in Care

The Child Development Center (CDC) has daily openings for drop-in care on a space available basis. Parents can call the CDC by 8 a.m. each morning to request same-day care. Use from one to nine hours of care to go to appointments, attend meetings, run errands or simply step out for a day of fun. For more information, please call Aurora at 303-677-6175.

Outdoor Recreation - Bldg. T-12 (Mod 2)
Monday - Friday 9 a.m. - 5 p.m.
Saturday, Sunday and Holidays: Closed

Ski Shuttle Schedule

Outdoor Recreation provides shuttles to the mountains for week-ends filled with skiing and snowboarding adventures. Please contact Outdoor Recreation to make your reservations today!

Dec. 6	Loveland/Keystone	Adult \$18 Child \$16
Dec. 13	Vail	Adult \$20 Child \$18
Dec. 20	Copper Mountain	Adult \$20 Child \$18
Dec. 27	Winter Park	Adult \$18 Child \$16

Trip Opportunities

Outdoor Recreation is offering your group the opportunity to design your own custom trip package. If you have a group that is interested in visiting the mountains, a local attraction, or any other activity, let Outdoor Recreation help with the transportation - Call today!

Volunteer Opportunities

Outdoor Recreation is looking for volunteers to help run several programs. This gives individuals the chance to participate in their favorite activities while sharing their knowledge and experience with others. If this sounds like something you might be interested in, let us know!

For more information on outdoor recreational activities and equipment rentals, call 303-677-9609 or 303-677-6101.

Fitness Center - Bldg. 30
Monday - Friday: 5 a.m. - 9 p.m.
Saturday and Holidays: 8 a.m. - 4 p.m.
Sunday: Closed

Congratulations

To the 460th Communications Squadron for winning the Commanders Cup Trophy for the 2nd consecutive year

Intramural Basketball

Intramural Basketball began Nov. 18. Games are being played every Tuesday and Thursday at the Beck Center. Come out and support your team!

For more information on fitness center activities, call the Fitness Center at 303-677-6144 or 303-677-6679.

ITT - Bldg. T-12 (Mod 2)
Monday: 7:30 a.m. - 4:30 p.m.
Tuesday - Friday: 7:30 a.m. - 5 p.m.
Saturdays, Sundays and Holidays: Closed

Walt Disney Parks & Resorts Salute U.S. Military With Free, Multi-Day Admission Tickets

Walt Disney Parks and Resorts officials announced a special opportunity to honor America's service men and women. "Disney's Armed Forces Salute" beginning now through Dec. 19, offers active U.S. military personnel a chance to enjoy complimentary, multi-day admission into Disney's U.S. theme parks and discounts for Disney Cruise Line, with additional special offers for family members and friends. For more information on this great offer or to reserve or purchase other tickets, please call 303-677-6853 or stop by Bldg. T-12 (Mod 2).

Are You Ready For Some Football?

The ITT is holding a drawing for the opportunity to purchase two tickets to each of the following football games:

Broncos v. Chiefs	Dec. 7
Broncos v. Browns	Dec. 14

Stop by Mod 2 and enter your name for the drawings which will be held each Wednesday before each game. For more information, please call 303-677-6853.

The Honky Tonk Angels

The Arvada Center is offering military personnel, DoD civilians, retirees, and their families a \$12 off discount on tickets to The Honky Tonk Angels Holiday Spectacular from Tuesday, Dec. 2 through Tuesday, Dec. 9. Call the box office at 720-898-7200 and mention the Military Discount #894 to enjoy an evening of music tradition in a show like no other. For additional information, contact 303-677-9671.

Human Resources - Bldg. T-12 (Mod 2)
Monday - Friday 7:30 a.m. - 4 p.m.
Saturdays, Sundays, & Holidays - Closed

The Non-Appropriated Fund (NAF) Human Resource Office (HRO) is located in Bldg. T-12 (Mod 2) and is currently taking applications for NAF position vacancies. The NAF HRO maintains these applications in an Applicant Supply File (ASF) for 90 days. Applications will be accepted for vacant and non-vacant positions. To hear the latest job listings, please call the Job Line at 303-677-6278. For more information, please contact NAF HRO at 303-677-6775.



Join our Child Development Center as they celebrate...

Breakfast with Santa

Saturday, December 13
Community Activities Center - Mod. 2
8:00 a.m. - 11:00 a.m.

For more information, please contact the
Child Development Center at 303-677-6174.